KEY POINTS POINTS ESSENTIELS WICHTIGE HINWEISE PUNTI DI ATTENZIONE PUNTOS CLAVE

NEVER put the mouthguard straight into a pan. Pour the water into a ceramic bowl first.

NE JAMAIS immerger le protège-dents directement dans une casserole. Verser d'abord l'eau dans un bol en céramique.

Den Mundschutz **NIEMALS** direkt in den Topf geben – das Wasser stets zunächst in eine Keramikschüssel geben.

Non mettere **MAI** il paradenti direttamente nel contenitore. Prima versare l'acqua in una bacinella di ceramica.

NUNCA ponga la protección directamente sobre un cazo. Antes debe verter agua en un recipiente de cerámica.

DON'T allow the mouthguard to stay in the boiling water more than 20 seconds. **This is CRITICAL.**

NE JAMAIS laisser le protège-dents dans l'eau bouillante pendant plus de 20 secondes. **Ceci est CRUCIAL.**

Den Mundschutz **AUF KEINEN FALL** länger als 20 Sekunden imWasser lassen.

NON lasciare il paradenti in acqua bollente per più di 20 secondi. **Questo è FONDAMENTALE.**

IMPIDA que la protección pase más de 20 segundos sumergida en agua hirviendo. **Es VITAL.**

DON'T cool the mouthguard under a tap. You must cool it when still in your mouth with a glass of cool water.

NE refroidissez PAS le protège-dents sous l'eau du robinet. Vous devez le refroidir lorsqu'il est immobilisé dans votre bouche avec de l'eau froide.

Den Mundschutz **NICHT** unter fließendem Wasser abkühlen lassen. Der Mundschutz muss während des Tragens mit kaltemWasser abgekühlt werden.

NON far raffreddare il paradenti sotto l'acqua corrente. Raffreddarlo con acqua fresca quando è ancora in bocca.

NO enfríe la protección bajo el agua del grifo. Para enfriarlo debe usar agua fría mientras tenga colocada la protección en la boca.

IMAGE/ARTWORK SPECIAL INSTRUCTIONS - INSTRUCTIONS LIEES AUX IMAGES/DESSINS SPECIAUX - HINWEIS ZU BILDERN/ GRAFIKEN - ISTRUZIONI PER L'IMMAGINE/IL DISEGNO - INSTRUCCIONES ESPECIALES SOBRE LA IMAGEN/ILUSTRACIÓN

WARNING! SPECIAL CARE REQUIRED
The image/artwork on this OPROshield is bonded to the surface. On fitting it will change shape as the OPROshield forms to your mouth. This is normal. It is possible to damage the image/ artwork by scratching, rubbing too aggressively etc., so treat with special care.

AVERTISSEMENT! A MANIPULER AVEC UNE ATTENTION PARTICULIERE
L'image / le dessin apparaissant sur cet OPROshield est collé à la surface. Lors de la pose, il peut changer de forme tandis que l'OPROshield épouse celle de votre bouche. Ceci est normal. Il est possible d'endommager l'image/ le dessin en grattant ou en frottant de manière trop agressive, etc…. Traitez-le donc avec le plus grand soin.

ACHTUNG! BESONDERE SORGFALT GEFORDERT
Die Bilder/Grafiken auf diesem OPROshield sind mit der Oberfläche verbunden. Beim Einsetzen können sich diese verformen, das sich der OPROshield an die Mundform anpasst. Dies ist völlig normal. Die Bilder/Grafiken sollten mit besonderer Vorsicht behandelt werden, da sie durch starkes Kratzen oder Reiben beschädigt werden können.

AVVERTENZA! PRESTARE PARTICOLARE ATTENZIONE
L'immagine/il disegno stampato sulla superficie di questo OPROshield cambierà forma quando OPROshield viene posizionato in bocca. Questo è normale. È possibile che l'immagine/il disegno si graffi o danneggi se viene sfregato vigorosamente, pertanto prestare particolare attenzione.

ADVERTENCIA! MANIPULAR CON ESPECIAL CUIDADO
La imagen/ilustración está grabada en la superficie del OPROshield. Al colocarlo, cambiará de forma a medida que el OPROshield se vaya acomodando a la boca. Esto es normal. La imagen/ ilustración puede dañarse si se rasca o frota demasiado agresivamente, etc., por lo que debe tratarse con especial cuidado.

MANUFACTURERS INFORMATION FOR USERS TESTING AND APPROVAL OF THIS PRODUCT

'OPROshield' mouthguards have been tested against the manufacturer's specifications, using the technical specification "prEN 'Mouthguards for use in sports – Safety requirements and test methods' (CEN/TC 162WI 00162245); Issue date 12/06" which has been assessed and is considered to satisfy the Essential Health and Safety Requirements of the European Union Personal Protective Equipment Directive 89/686/EEC. EC Type-Examination certification has been issued by SGS United Kingdom, Weston-Super-Mare BS22 6WA, England UK; Notified Body No. 0120. 'OPROshield' mouthguards are CE marked to denote compliance with the EU Personal Protective Equipment Directive 89/686/EEC.

PURPOSE OF 'OPROSHIELD' MOUTHGUARDS

'OPROshield' mouthguards are intended to be used in sports and recreational activities where there is a risk of the participant sustaining an impact to the lower face and mouth, or where there is a risk of transmitted force causing the upper and lower teeth to make violent contact. 'OPROshield' mouthguards are intended to reduce or prevent orofacial or dental injuries such as fracture and displacement of teeth, laceration and splitting of soft tissues and damage to the upper or lower jaw bones. They may also reduce or prevent the incidence or magnitude of concussion due to traumatic blows to the lower jaw. Mouthguards cannot prevent all injuries, however, and will not prevent injuries to those areas not covered by the mouthguard, including external soft tissues such as the lips.

High risk sports where it is strongly recommended a mouthguard is worn include American football, association football, field hockey, ice hockey, cricket, lacrosse, martial sports, rugby, football, skating, ski jumping and horse racing over jumps. Medium risk sports where it is advisable to wear a mouthguard include basketball, cycling, diving, horse riding, squash, gymnastics, parachuting and water polo. Damaging impacts can be caused directly - by sticks, balls, other players' heads, elbows, knees or boots, sports furniture such as jumps, barriers, posts or the ground – or indirectly – either by harder objects or softer objects striking the lower jaw and causing the lower teeth to impact the upper teeth or trap soft tissue between the teeth.

PROTECTION PROVIDED BY YOUR 'OPROSHIELD' MOUTHGUARD

Evidence from sports regulatory authorities where mouthguards have been made mandatory indicates a reduction in reported dental injuries of 60% and in soft tissue mouth injuries by over 80%; however, some foreseeable impacts of an extreme nature may exceed the protective capability of mouthguards.

The technical specification "prEN 'Mouthguards for use in sports – Safety requirments and test methods' (CEN/TC 162WI 00162245); Issue date 12/06" includes requirements for minimum protected area, surface condition free of rough surfaces and sharp edges, a test to ensure the mouthguard remains in place during activity and impacts with three increasing levels of performance: "Level 1", "Level 2" and "Level 3" (see table 1) and an impact test which identifies the reduction in transmitted force provided by mouthguard materials for each of three increasing levels of performance: "Level 1", "Level 2" and "Level 3" (see table 1).

TABLE 1	Impact performance	Retention performance
Level 1	<10 kiloNewtons	>5 Newtons
Level 2	<7.5 kiloNewtons	>10 Newtons
Level 3	<5 kiloNewtons	>20 Newtons

Note: The lower the transmitted force, the higher the impact performance and the higher the retention force, the higher the performance. Mean transmitted force (Impact energy 4 Joules)

OPROshield "Bronze" including Ortho "Bronze" mouthguards meet the requirements for Level 3 for impact performance and **Level 1** for retention (8N).

OPROshield "Silver" including "Junior" mouthguards meet the requirements for Level 3 for impact performance and **Level 2** for retention (13N).

OPROshield "Gold" including Ortho "Gold" mouthguards meet the requirements for Level 3 for impact performance and **Level 2** for retention (19N).

IMPORTANT WARNINGS

- Do not chew on the mouthguard, as this will cause irreparable damage.
- Do not cut or otherwise try to amend the shape or fit of the mouthguard under any circumstances. To make any fine adjustments to the fit please refer to point 10. of the fitting instructions.
- Do not expose the mouthguard for prolonged periods to extreme heat; e.g. do not place it in a dishwasher, washing machine, tumble dryer, microwave or ultra sonic bath and avoid leaving in direct sunlight.
- Do not use any mouthguard showing wear, cracks, separation of layers, or splits. Any mouthguard exhibiting these signs should be disposed of and a replacement obtained immediately.
- Never wear another person's mouthguard and do not allow them to wear yours. In addition to the risk of cross-infection, protection may be compromised, injury sustained and the mouthguard damaged beyond repair. As a further step to prevent this, always keep the mouthguard in its box when not in use. Ideally, the wearer's name should be written on the box in indelible ink.
- Parents and those in charge of children should check the fit of the mouthguard regularly during the period of jaw growth, primary dentition exfoliation, and secondary dentition eruption, to ensure the mouthguard remains secure and is not conflicting with the development of the mouth and teeth. OPRO regularly checks products for their retention characteristics; however, for the reasons described above individual mouthguards may produce results which by our in house tests. If in any doubt, consult a dental practitioner or OPRO for professional advice.
- Always consult a dental surgeon or orthodontist, before any change in orthodontic status, such as when a brace is worn or is to be fitted to or removed from the teeth, concerning the continuing suitability of the mouthguard. Never wear a mouthguard with a brace unless approved by the person fitting the brace.
- OPROshield mouthguards are intended to be used only as an item of personal protective equipment in accordance with these instructions. They should not be used for any other purpose; for example as a medical device to prevent grinding of the teeth or as an orthodontic retainer.

OPROSHIELD MOUTHGUARDS ARE MANUFACTURED AND DISTRIBUTED BY:

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FITTING INSTRUCTIONS
MODE DE MISE EN PLACE
ANLEITUNG ZUR ANPASSUNG
ISTRUZIONI PER IL POSIZIONAMENTO
INSTRUCCIONES DE COLOCACIÓN

WWW.OPROSHIELD.COM

HOW TO FIT YOUR OPROSHIELD

Read these instructions CAREFULLY!
WARNING! Minors should be supervised by an adult.

FITTING INSTRUCTIONS

1. Insert fitting handle, if included, into the holes at the front of the OPROshield. Ensure it is inserted with the word 'Top' visible when looking down onto the fins.
2. Boil water in a kettle or in a small pan and allow to simmer for at least 15 seconds.
3. Immediately pour boiling water into **ceramic** bowl.
4. Place OPROshield in water for EXACTLY 20 seconds. CAUTION! Leaving the OPROshield in hot water longer than 20 seconds can damage it.
5. Remove OPROshield from bowl (use a spoon if no handle included) and dip in cold water for one second.
6. Carefully place the OPROshield in your mouth so it covers the upper teeth and firmly bite down. Push on the lips and cheeks for EXACTLY 30 seconds to ensure the OPROshield fits closely into position on the teeth and gums.
7. Remove handle, if included. Keeping the OPROshield in place drink at least half a cup of cool water, allowing it to circulate thoroughly around the OPROshield.
8. Open and close mouth to check fit. The OPROshield should stay in place and not easily dislodge from the upper teeth and gums.

CARE INSTRUCTIONS

Rinse mouthguard with clean water and air-dry between uses.

FOR BEST RESULTS USE OPROREFRESH MOUTHGUARD CLEANING TABLETS.

COMMENT MOULER VOTRE OPROSHIELD

Lisez ce mode d'emploi ATTENTIVEMENT!
AVERTISSEMENT! Les mineurs doivent être encadrés par un adulte.

NOTICE DE MOULAGE

1. Insérez la poignée de moulage, si elle est fournie, dans les orifices à l'avant du protège-dents. Veillez à l'insérer avec le mot 'Top' visible lorsque vous regardez les ailettes du dessus.
2. Faites bouillir de l'eau dans une bouilloire ou dans une petite casserole et laissez mijoter pendant au moins 15 secondes.
3. Versez immédiatement l'eau bouillante dans un bol en **céramique** (ne pas utiliser un bol en plastique).
4. Placez le protège-dents dans l'eau pendant EXACTEMENT 20 secondes. ATTENTION ! Laisser le protège-dents dans l'eau chaude pendant plus de 20 secondes peut l'endommager.
5. Retirez le protège-dents du bol (utilisez une cuiller si aucune poignée n'est fournie) et plongez-le dans l'eau froide pendant une seconde.
6. Placez soigneusement le protège-dents dans votre bouche de façon à ce qu'il couvre les dents du haut, et mordez fermement. Appuyez sur vos lèvres et vos joues pendant EXACTEMENT 30 secondes pour faire en sorte que le protège-dents se mette parfaitement en position sur vos dents et votre gencive.
7. Retirez la poignée. Buvez au moins une demi-tasse d'eau froide, en laissant bien l'eau circuler tout autour du protège-dents.
8. Ouvrez et fermez la bouche pour vérifier le moulage. Le protège-dents doit rester en place et ne doit pas se déloger facilement des dents et de la gencive supérieures.

INSTRUCTIONS D'ENTRETIEN

Rincez le protège-dents à l'eau claire et laissez sécher à l'air libre pendant les utilisations. **POUR OBTENIR DE MEILLEURS RÉSULTATS, UTILISEZ LES PASTILLES DE NETTOYAGE POUR PROTÈGE-DENTS OPROREFRESH.**

EINSETZEN UND ANPASSEN IHRES OPROSHIELD

Bitte lesen Sie sich diese Anweisungen SORGFÄLTIG durch! ACHTUNG! Kinder sollten von einem Erwachsenen beaufsichtigt werden.

ANLEITUNG ZUR ANPASSUNG

1. Stecken Sie den ggf. mitgelieferten Einsetzgriff in die Löcher vorn am Mundschutz. Beim Einstecken des Griffes muss das Wort 'Top' sichtbar sein, wenn Sie nach unten auf die Lamellen sehen.
2. Bringen Sie in einem Wasserkocher oder einem kleinen Topf Wasser zum Kochen und lassen Sie es mindestens 15 Sekunden lang sieden.
3. Gießen Sie das kochende Wasser dann sofort in eine **Keramik**schüssel.
4. Legen Sie den Mundschutz GENAU 20 Sekunden lang in das Wasser. VORSICHT! Wenn der Mundschutz länger als 20 Sekunden im heißen Wasser liegen bleibt, kann er beschädigt werden.
5. Nehmen Sie den Mundschutz aus der Schüssel heraus (wenn kein Griff mitgeliefert ist, verwenden Sie dazu einen Löffel) und tauchen Sie ihn eine Sekunde lang in kaltes Wasser.
6. Setzen Sie den Mundschutz vorsichtig so in den Mund ein, dass er die obere Zahnreihe abdeckt, und beißen Sie dann fest zu. Drücken Sie GENAU 30 Sekunden lang auf Lippen und Wangen um sicherzustellen, dass der Mundschutz gut auf den Zähnen und dem Gaumen sitzt.
7. Sofern ein Griff mitgeliefert ist, nehmen Sie diesen ab. Behalten Sie den angepassten Schutz im Mund und trinken Sie mindestens eine halbe Tasse kühles Wasser. Lassen Sie es dabei den Mundschutz gründlich umspülen.
8. Öffnen und schließen Sie den Mund, um den richtigen Sitz zu überprüfen. Der Mundschutz soll an seinem Platz bleiben und nicht von den oberen Zähnen und vom Gaumen abrutschen.

PFLEGEHINWEISE

Den Mundschutz vor jedem Gebrauch mit klarem Wasser abspülen und an der Luft trocknen lassen.

FÜR DAS BESTE ERGEBNIS OPROREFRESH-REINIGUNGSTABLETTEN VERWENDEN.

ISTRUZIONI PER L'INSERIMENTO DEL PARADENTI OPROSHIELD

Leggere ATTENTAMENTE queste istruzioni
ATTENZIONE! I minori devono essere controllati da un adulto.

ISTRUZIONI PER L'INSERIMENTO

1. Se incluso, introdurre il manico di inserimento nei fori anteriori del paradenti. Assicurarsi che sia inserito con la parola 'Top' ben visibile con le alette in basso.
2. Bollire dell'acqua in una pentola o in un bollitore e lasciar bollire per almeno 15 secondi.
3. Versare immediatamente l'acqua bollente in una ciotola in **ceramica** (non utilizzare ciotole di plastica).
4. Immergervi il paradenti per ESATTAMENTE 20 secondi. ATTENZIONE! Lasciare il paradenti nell'acqua bollente per più di 20 secondi potrebbe causare danni.
5. Rimuovere il paradenti dalla ciotola (usare un cucchiaio se il manico non è incluso) e immergerlo in acqua fredda per un secondo.
6. Posizionare con attenzione il paradenti in bocca in modo che copra i denti superiori e chiudere la bocca. Premere su labbra e guance per ESATTAMENTE 30 secondi per garantire che il paradenti si adatti perfettamente alla posizione di denti e gengive.
7. Rimuovere il manico. Bere almeno mezza tazza di acqua fredda, consentendone la circolazione in tutto il paradenti.
8. Aprire e chiudere la bocca per verificare l'inserimento. Il paradenti deve rimanere in posizione e non spostarsi facilmente dai denti e dalle gengive superiori.

ISTRUZIONI PER LA PULIZIA

lavare il paradenti con acqua pulita ed asciugare con un getto d'aria tra un uso e l'altro. **PARA CONSEGUIR LOS MEJORES RESULTADOS, UTILICE TABLETAS ESPECIALES PARA LA LIMPIEZA DE PROTECCIONES DENTALES OPROREFRESH.**

COLOCACIÓN DEL OPROSHIELD

Lea estas instrucciones CON DETENIMIENTO
¡ATENCIÓN! Los menores deben estar supervisados por un adulto.

INSTRUCCIONES DE COLOCACIÓN

1. Inserte el asa de fijación, si se incluye, en los orificios situados en la parte delantera del protector dental. Compruebe que lo ha introducido con la palabra 'Top' visible cuando mire a las aletas (fins).
2. Hierva agua en un hervidor o un cazo pequeño y deje que hierva a fuego lento durante al menos 15 segundos.
3. Vierta el agua hirviendo inmediatamente en el bol de **cerámica.**
4. Sumerja el protector dental en el agua durante EXACTAMENTE 20 segundos. PRECAUCIÓN El protector dental puede sufrir daños si lo deja sumergido en el agua durante más de 20 segundos.
5. Retire el protector dental del bol (utilice una cuchara si no se ha suministrado un asa) y sumérjalo en agua fría durante un segundo.
6. Coloque cuidadosamente el protector dental en su boca, de forma que cubra los dientes superiores y apriete fuertemente. Presione los labios y las mejillas durante EXACTAMENTE 30 segundos para garantizar que el protector dental queda encajado en su posición en los dientes y las gomas.
7. Retire el asa, si se incluye. Con el protector dental colocado en su sitio, beba como mínimo media taza de agua fría y deje que circule alrededor del protector dental.
8. Abra y cierre la boca para comprobar que el protector se ajusta bien. El protector dental debería quedar fijo en su posición y no separarse fácilmente de las gomas y dientes superiores.

INSTRUCCIONES DE CUIDADO

Entre usos, enjuague la protección con agua limpia y déjelo secar al aire. **PARA CONSEGUIR LOS MEJORES RESULTADOS, UTILICE TABLETAS ESPECIALES PARA LA LIMPIEZA DE PROTECCIONES DENTALES OPROREFRESH.**